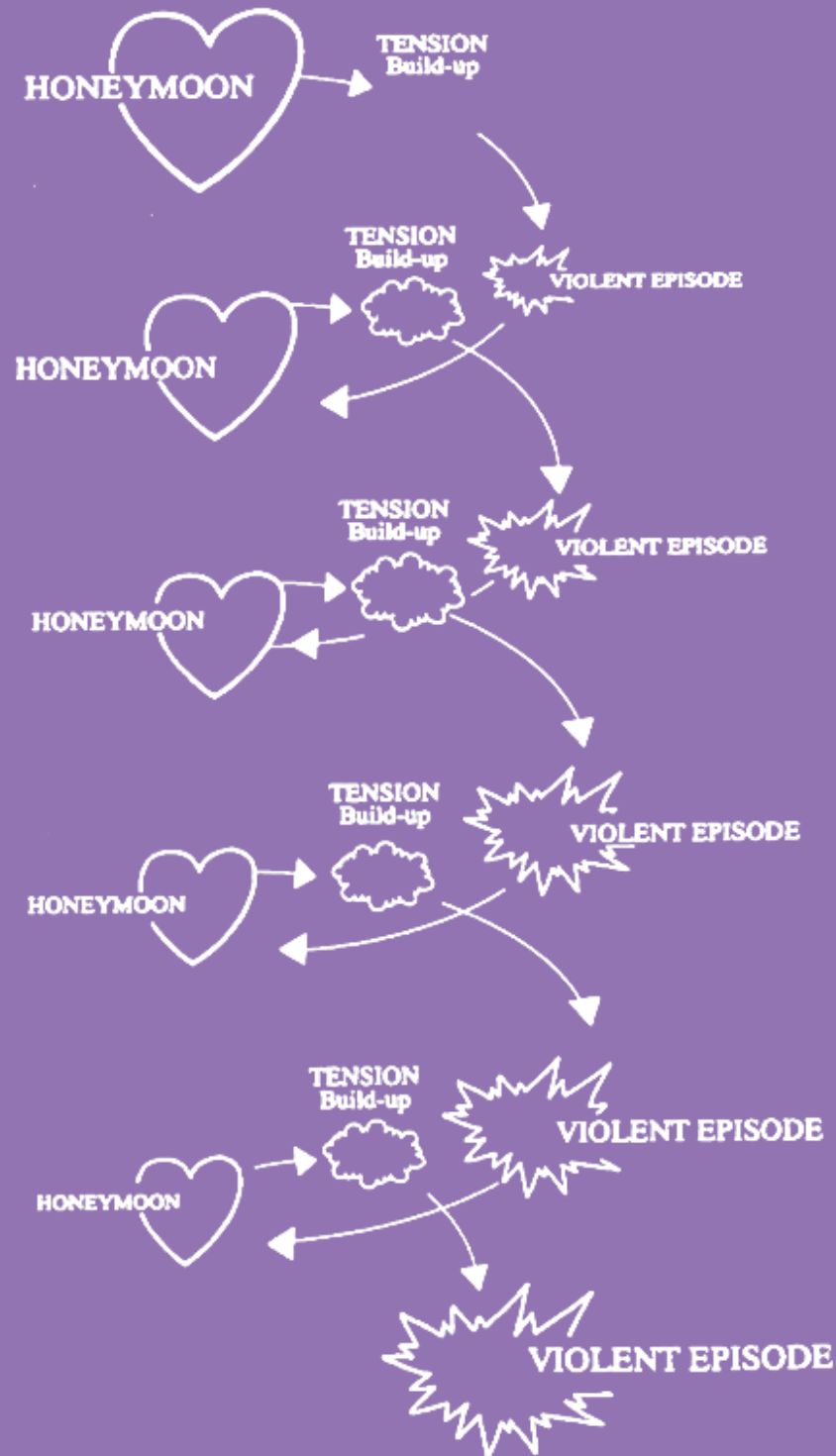


The Cycle of Violence Over Time



For more information or to speak with the campus advocate, you may contact:

(909) 537-5040 Marina.Wood@csusb.edu

There are also confidential services off-campus.
Option House's office number: (909) 383-1602
National DV 24 hour hotline: (800) 799-7233
Chat with a DV advocate at www.thehotline.org

Other Important Contacts

University Police: 911 or 909-537-7777
Campus Escort Service: 909-537-5165
San Bernardino City Police: 909-383-5311
Student Health Center: 909-537-5241
Residence Life Office: 909-537-4155
Student Conduct & Ethical Dev. : 909-537-7172
Counseling & Psychological Services:
909-537-5040



College Dating Violence

Cal State University San Bernardino
Counseling and Psychological Services
Advocate Services
5500 University Parkway,
San Bernardino, CA 92407

HC-165

Why Do Victim/Survivors Stay in Violent Relationships?

Victim/Survivors stay for a variety of reasons; the following are only a few. The most important thing is to listen, believe and support them and not ask why they stayed.

- Love:** victim/survivors may honestly love their partner, even if they hate some of their behaviors.
- Confusion:** victim/survivors may not recognize abusive behaviors. They may confuse love with abuse, especially if they grew up in an abusive family.
- Hope:** victim/survivors may cling to the hope that their partner will change if they devote enough time and effort.
- Fear:** victim/survivors may be afraid to breakup with their partner because they fear their partner will hurt them or themselves.
- Loss of independence:** Telling parents about a violent relationship may risk their newly acquired independence.
- Isolation:** Victim/survivors are often isolated from their loved ones and therefore have no one to turn to. They may also fear being alone, preferring to remain in a violent relationship than none at all.

If you or someone you know is being abused, we offer confidential Advocacy Services on campus:

- Crisis intervention
- Education on reporting options
- Advocacy with law enforcement, Student Conduct and Ethical Development, housing and academic assistance
- Accompaniment to interviews with law enforcement, court, Student Conduct and Ethical Development, Title IX, and the hospital
- Assistance with restraining orders and Victim Compensation applications
- Referrals to campus and community services



Warning Signs of Dating Violence

- My partner calls me names, embarrasses me or makes me feel stupid.
- My partner questions where I've been, who I spoke to, and/ or why I want to spend time with family and friends.
- My partner checks my phone to see who I call or text and who calls and texts me.
- My partner has physically hurt me or has said mean things to me and then makes excuses.
- My partner is sometimes really nice and other times really mean.
- When we fight my partner blames me or says I provokes him/her.
- My partner says that I make "too big of a deal" out of things and/ or dismisses me •when I try to talk things out.
- I sometimes feel afraid of my partner.

Abuse = Power and Control

Dating and Domestic Violence

A pattern of behaviors one partner uses to gain and maintain *power* and *control* over the other.

Physical Abuse

- Hitting, slapping, pushing, kicking, choking, shaking, burning.
- Hickies, pinching, biting.
- Holding, restraining, not letting you get in or out of the car.
- Leaving you places.

Verbal or Emotional Abuse

- Unreasonable jealousy.
- Insults, criticisms, and put downs.
- Yelling or cussing.

Stalking

- Using people, social media, technology, or GPS to locate you.
- Constantly texting, calling.
- Any unwanted following, tracking or harassment that which causes fear.

Sexual Abuse

- Forcing or coercing participation in unwanted, unsafe sexual activity.
- Sexual exploitation or sexual harassment.
- Any sexual touching without affirmative consent

Social Abuse

- Using blackmail to control your actions.
- Spreading rumors.
- Isolating you from friends and family.
- Embarrassing or humiliating you.